



Thai Lessons
Chiang Mai

Real-life Thai missions for expats

IN-PERSON CHIANG MAI EDITION

Chiang Mai Thai Survival Starter Workbook

A practical, printable lesson kit for expats who want to speak Thai in cafes, markets, restaurants, transport, condos, and friendly daily life.

What the student gets

- ✓ 6 real-life missions
- ✓ phrase builders + roleplays
- ✓ QR links to online practice
- ✓ correction boxes for teacher feedback
- ✓ 7-day speaking challenge

Best use

First onsite lesson: cafe, market, restaurant, or transport.

Next step: send voice notes and book Starter Pack.

Brand promise: one useful Thai sentence you can use today.



START HERE

How to use this workbook

1. Choose one situation

Do not study every page at once. Pick the mission the learner needs this week.

2. Build one sentence

Use the base sentence, swap one detail, then say it without looking.

3. Use it outside

Try the phrase in real life or record a voice note for correction.

60-minute onsite lesson flow

Time	Teacher action	Student output
0–5	Pick the mission and real-life location.	"I need Thai for ____ this week."
5–15	Teach polite ending, slow rhythm, and base sentence.	Repeat base phrase 5 times.
15–30	Build 3 personal variations.	Say personal sentence from memory.
30–45	Roleplay likely replies and body language.	Answer without freezing.
45–55	Correct tone, rhythm, vowel length, polite ending.	Record clean voice note.
55–60	Assign real-world challenge and next booking.	Knows what to use after class.

Teacher rule

Correct rhythm and confidence first. Do not overload beginners with grammar. The product promise is "usable today."

Pronunciation rule

Romanization is a guide only. Use Thai script + rhythm chunks + human correction for better speaking.

Survival Thai basics

Polite endings

ครับ khrap — commonly used by men.

ค่ะ kha — many statements by women.

คะ kha? — many questions by women.

Beginner formula

Request/action + thing/place + detail + polite ending

Example: ขอ + กาแฟเย็น + หวานน้อย + ครับ

Function	Thai	Roman	Use when...
Hello	สวัสดีครับ / ค่ะ	sà-wàt-dii khrap / kha	Entering a shop, class, or condo office.
Thank you	ขอบคุณครับ / ค่ะ	khàawp-khun khrap / kha	Every time someone helps.
Excuse me / sorry	ขอโทษครับ / ค่ะ	khǎaw-thōt khrap / kha	Getting attention politely.
Please speak slowly	พูดช้าๆ ได้ไหมครับ / ค่ะ	phûut cháa-cháa dāai mái?	When Thai comes back too fast.
A little Thai	พูดไทยนิดหน่อย	phûut Thai nít-nòi	Lower pressure and create friendliness.

Cafe Thai

Outcome: Order one drink naturally



BASE SENTENCE

ขอกาแฟเย็นหวานน้อยครับ / ค่ะ

khăaw gaa-fae yen wăan nôi khrap / kha

I would like iced coffee, less sweet, please.

Phrase bank

Thai	Roman	Meaning
ขอกาแฟเย็นครับ / ค่ะ	khăaw gaa-fae yen khrap / kha	I would like iced coffee.
หวานน้อย	wăan nôi	Less sweet.
ไม่ใส่น้ำตาล	mâi sài nâam-dtaan	No sugar.
ใส่น้ำแข็งน้อย	sài nâam-khăeng nôi	Less ice.

Build your sentence

1 Request / action

2 Item / place

3 Detail

4 Polite ending

Write your personal sentence, then say it without looking.

Roleplay

Staff	รับอะไรดีคะ? What would you like?
Student	ขอกาแฟเย็นหวานน้อยครับ/ค่ะ Iced coffee, less sweet, please.
Staff	หวานน้อยนะคะ Less sweet, okay.
Student	ครับ/ค่ะ ขอขอบคุณครับ/ค่ะ Yes, thank you.

Teacher correction box

☐ Tone☐ Vowel length☐ Rhythm☐ Polite ending☐ Confidence

Real-world challenge

Use the phrase once at a cafe and notice if the staff repeats your order.

Online practice: <https://thailessonschiangmai.com/missions/order-coffee>

Market Thai

Outcome: Ask a price and buy one item



BASE SENTENCE

ราคาเท่าไรครับ / คะ

raa-khaa thào-rài khrap / kha?

What is the price?

Phrase bank

Thai	Roman	Meaning
อันนี้เท่าไรครับ / คะ	an-níi thào-rài khrap / kha?	How much is this?
เอาหนึ่งกิโลครับ / คะ	ao nèung gii-loh khrap / kha	I will take one kilo.
แพงไปนิดนึง	phaeng bpai nít-neung	A little expensive.
ไม่เอา ขอบขอบคุณครับ / คะ	mái ao, khàawp-khun khrap / kha	No thank you.

Build your sentence

1 Request / action

2 Item / place

3 Detail

4 Polite ending

Write your personal sentence, then say it without looking.

Roleplay

Student ราคาเท่าไรครับ/คะ?

What is the price?

Seller ห้าสิบบาท

50 baht.

Student เอาหนึ่งกิโลครับ/คะ

I will take one kilo.

Seller ได้ค่ะ

Okay.

Teacher correction box

☐ Tone

☐ Vowel length

☐ Rhythm

☐ Polite ending

☐ Confidence

Real-world challenge

Ask the price of fruit, even if you do not buy it.

Online practice: <https://thailessonschiangmai.com/missions/market-price>

Restaurant Thai

Outcome: Order food and control spice level



BASE SENTENCE

เราข้าวซอยไม่เผ็ดกินที่นี่ครับ / ค่ะ

ao khao soi mǎi phèt gin thîi-nîi khrap / kha

I will have khao soi, not spicy, eat here, please.

Phrase bank

Thai	Roman	Meaning
เราข้าวซอยครับ / ค่ะ	ao khao soi khrap / kha	I will have khao soi.
ไม่เผ็ด	mǎi phèt	Not spicy.
เผ็ดนิดหน่อย	phèt nít-nòi	A little spicy.
กินที่นี่ / กลับบ้าน	gin thîi-nîi / glàp bâan	Eat here / take away.

Build your sentence

1 Request / action

2 Item / place

3 Detail

4 Polite ending

Write your personal sentence, then say it without looking.

Roleplay

Staff	รับอะไรดีคะ? What would you like?
Student	เราข้าวซอยไม่เผ็ดครับ/ค่ะ Khao soi, not spicy.
Staff	กินที่นี่ไหมคะ? Eat here?
Student	กินที่นี่ครับ/ค่ะ Eat here, please.

Teacher correction box

☐ Tone

☐ Vowel length

☐ Rhythm

☐ Polite ending

☐ Confidence

Real-world challenge

Order one dish and say your spice level clearly.

Online practice: <https://thailessonschiangmai.com/missions/order-food-spice>

Transport Thai

Outcome: Tell a driver where to stop



BASE SENTENCE

จอดตรงนี้ครับ / ค่ะ

jàwt dtrong-níi khrap / kha

Stop here, please.

Phrase bank

Thai	Roman	Meaning
ตรงไปครับ / ค่ะ	dtrong bpai khrap / kha	Go straight.
เลี้ยวซ้ายครับ / ค่ะ	líao sáai khrap / kha	Turn left.
เลี้ยวขวาครับ / ค่ะ	líao khwǎa khrap / kha	Turn right.
ไปที่นี้ได้ไหมครับ / ค่ะ	bpai thii-níi dāai mái?	Can you go here?

Build your sentence

1 Request / action

2 Item / place

3 Detail

4 Polite ending

Write your personal sentence, then say it without looking.

Roleplay

Student ไปที่นี้ได้ไหมครับ/คะ?
Can you go here?

Driver ได้ครับ
Yes.

Student ตรงไปครับ/ค่ะ
Go straight.

Student จอดตรงนี้ครับ/ค่ะ
Stop here, please.

Teacher correction box

☐ Tone

☐ Vowel length

☐ Rhythm

☐ Polite ending

☐ Confidence

Real-world challenge

Practice with a map first, then use “stop here” in a real ride.

Online practice: <https://thailessonschiangmai.com/missions/driver-stop>

Condo Help Thai

Outcome: Ask for help with a small problem



BASE SENTENCE

ช่วยได้ไหมครับ / คะ มีปัญหา

chûai dâai mái khrap / kha? mii bpan-hăa

Can you help? There is a problem.

Phrase bank

Thai	Roman	Meaning
มีปัญหา	mii bpan-hăa	There is a problem.
เสียแล้ว	sĭa láew	It is broken.
แอร์เสีย	ae sĭa	The air conditioner is broken.
เรียกช่างได้ไหมครับ / คะ	rĭak chāang dâai mái?	Can you call a technician?

Build your sentence

1 Request / action

2 Item / place

3 Detail

4 Polite ending

Write your personal sentence, then say it without looking.

Roleplay

Student ขอโทษครับ/คะ ช่วยได้ไหม?
Excuse me, can you help?

Staff มีอะไรคะ?
What is it?

Student แอร์เสียแล้ว
The aircon is broken.

Student เรียกช่างได้ไหมครับ/คะ?
Can you call a technician?

Teacher correction box

☐ Tone

☐ Vowel length

☐ Rhythm

☐ Polite ending

☐ Confidence

Real-world challenge

Prepare one sentence for a real condo/apartment problem.

Online practice: <https://thailessonschiangmai.com/practice>



MISSION 06

Friendly Social Thai

Outcome: Introduce yourself simply



BASE SENTENCE

ผม / ฉันชื่อ ____ อยู่เชียงใหม่ครับ / ค่ะ

phǒm / chǎn chûue ____ yùu Chiang Mai khrap / kha

My name is _____. I live/stay in Chiang Mai.

Phrase bank

Thai	Roman	Meaning
คุณชื่ออะไรครับ / ค่ะ	khun chûue à-rai?	What is your name?
มาจาก...	maa jàak...	I come from...
อยู่เชียงใหม่	yùu Chiang Mai	I live/stay in Chiang Mai.
ยินดีที่ได้รู้จัก	yin-dii thîi dâai rûu-jàk	Nice to meet you.

Build your sentence

1 Request / action

2 Item / place

3 Detail

4 Polite ending

Write your personal sentence, then say it without looking.

Roleplay

Teacher คุณชื่ออะไรครับ/ค่ะ?

What is your name?

Student ผม/ฉันชื่อ...

My name is...

Teacher มาจากไหน?

Where from?

Student มาจาก... อยู่เชียงใหม่ครับ/ค่ะ

I am from... I live in Chiang Mai.

Teacher correction box

☐ Tone☐ Vowel length☐ Rhythm☐ Polite ending☐ Confidence

Real-world challenge

Introduce yourself to one Thai person or record it as a voice note.

Online practice: <https://thailessonschiangmai.com/practice>

Speaking tracker + lesson report

Mission	Practiced	Used outside	Voice note	Correction notes
Cafe	☐	☐	☐	
Market	☐	☐	☐	
Restaurant	☐	☐	☐	
Transport	☐	☐	☐	
Condo help	☐	☐	☐	
Social Thai	☐	☐	☐	

My useful phrases

Words I hear often

Turn one lesson into real speaking

Day	Task	Done
Day 1	Record greeting + thank you.	☐
Day 2	Order one drink less sweet.	☐
Day 3	Ask one price at a shop or market.	☐
Day 4	Order food and choose spice level.	☐
Day 5	Say "stop here" to a driver or in practice.	☐
Day 6	Ask for help with one small problem.	☐
Day 7	Send a 60-second Thai voice note to Mike.	☐

5-lesson Starter Pack outline

- 1 Cafe + polite endings
- 2 Market + numbers
- 3 Food + spice level
- 4 Transport + map directions
- 5 Personal situation + voice correction



Book / send voice note

WhatsApp: +66 92 989 4495

Send one phrase from this workbook and ask for correction.

Next step: Starter Pack

Continue with one private lesson, 50 Chiang Mai phrases, mission practice, and 7 days of WhatsApp voice-note correction.

\$990 online / \$1,290 in person

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Chiang Mai Thai Mission Certificate



I completed my first Thai mission

Name: _____

Mission used in real life: _____

Teacher signature: _____